

Mayor Lester E. Taylor, III



Rita D. Butts, Manager

The City of East Orange

Division of Senior Services

# Weekly Activities

## Exercise Class

~~Mondays, Wednesdays, & Thursdays~~ at 10:00am are all Filled to Capacity  
~~Tuesdays~~ from 10:00 am - 11:00am & ~~Thursdays~~ from 1:00pm - 2:00 pm  
are the **Only** Available Class Days/ Times.

## Soul Line Dancing Class with Najah

Tuesdays: 11:00 am - 12:00 pm

Donation: **\$5.00 per class** (must be paid before taking class)

## Arts & Crafts Club

Wednesdays: 10:00 am - 2:00 pm

## East Orange Senior Bowling League

Thursdays at Eagle Rock Bowling Lanes  
11:00 am - 1:00 pm

**FREE**

## East Orange Silver Steppers (Drill Practice)

Mondays & Thursdays 11:00 am - 1:00 pm

## Corner Pocket (Billiards Club)

**FREE** Open Play

## East Orange Senior Praisers Gospel Choir

Fridays: 12:00pm - 1:00 pm

## East Orange Senior Brainy Bunch with Dr. Mark Riddell

(Cognitive and Memorization Exercises and Games)

Fridays: 10:00 am - 11:00 am

## Computer Class: Monday -Friday

9:00 am - 9:45 am || 10:00 am - 10:45 am || 11:00 am - 12:00 pm ||

2:00 pm - 3:00 pm || 3:00 pm - 4:00 pm **FREE**

# Monthly Activities

## East Orange Senior Volunteer Corp.

Meet Every 2nd Tuesday of the Month at 1:00 pm

## East Orange Treasures (RED HAT SOCIETY)

Meet Every 3rd Wednesday of the Month at 12:00 pm

## East Orange Child Development Corp.'s Grandparents Support Group

Meet Every 2nd Thursday of the Month at 12:00 pm

## Food Co-Op Program

Distribution Date is Every 3rd Friday of the Month

Transportation is provided upon request for ALL above activities.

For Further Information call: 973-266-8832.